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ABSTRACT

The California Women's Law Center (CWLC) works to ensure, through systemic change, that the life opportunities for women and girls are free from unjust social, economic, and political constraints. As part of this mission, the CWLC collaborated with California's Los Angeles Unified School District (LAUSD) to develop comprehensive written policies regarding the rights of pregnant and parenting students. The CWLC encourages all schools to adopt comprehensive policies on the rights of pregnant and parenting students. To assist schools in this effort, the CWLC has written this "Model Policy on the Civil Rights of Pregnant and Parenting Students." The document is also intended to be a resource for pregnant and parenting students and their advocates. It provides background information on California law. Seven sections address (1) "Federal and State Law Protect the Rights of Pregnant and Parenting Students"; (2) "Right to a Complete and Equal Education"; (3) "Attendance"; (4) "Schools Shall Make Reasonable Adjustments to Facilitate Pupils' Full Participation in all School Programs"; (5) "Alternatives to Regular Attendance"'; (6) "Right to Confidentiality and to Consent to Medical Care"; and (7) "Complaints." A physician's referral form is attached. (Contains 40 footnotes.) (SM)

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California Model Policy on the Civil Rights of Pregnant and Parenting Students

The California Women's Law Center (CWLC) encourages all schools to adopt comprehensive policies on the rights of pregnant and parenting students. To assist schools in this effort and through a grant from the California Wellness Foundation, CWLC has written this Model Policy on the Civil Rights of Pregnant and Parenting Students. CWLC also provides this document as a resource for pregnant and parenting students and their advocates.

The mission of CWLC is to ensure through systemic change that the life opportunities of women and girls are free from unjust social, economic, and political constraints. As part of this mission, CWLC worked recently with the Los Angeles Unified School District (LAUSD) to develop comprehensive written policies regarding the rights of pregnant and parenting students. The LAUSD distributed these policies in the form of a 22-page Bulletin to all schools and offices on October 15, 2001, and thus took an important step toward protecting the civil rights of pregnant and parenting students.

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Model Policy[1]

XYZ School District's Policy on the Rights of Pregnant and Parenting Students

TO: All School Administrators and Staff
FROM: XYZ Superintendent

California has the second highest incidence of teen pregnancy in the U.S.,[2] and, although our schools have implemented many successful programs to prevent teen pregnancy, the rights of teens who parent have often been neglected. The decision to parent, however, is not the decision to abandon one's education. Pregnant and parenting teens have the same rights to educational and extracurricular opportunities as all students and the same obligations under California law to attend school. Accordingly, XYZ School District recognizes and protects the educational rights of pregnant and parenting students, consistent with both federal and state law. This school district policy clarifies those rights to ensure compliance by administration, faculty, and students. Please contact [_____][3] if you have any questions about this policy or the rights of pregnant and parenting students.

[1] This Model Policy is intended to provide background information on California law only. It should not be construed as legal advice and receiving or reading this document does not make you a client of CWLC. Local counsel in each school district should be consulted regarding the adoption and implementation of this or any other policy. If you have questions regarding this Model Policy, please contact the author, Nancy M. Solomon, Senior Staff Attorney. CWLC thanks Rebecca Yee and Windy Watson for their invaluable research assistance and comments in writing this model policy.

[2] "Teen Pregnancy and Childbearing in California," The National Campaign to Prevent Teen Pregnancy (August 2002).

[3] All School Districts should have an office that is dedicated to Educational Equity (Title IX) Compliance. Individuals with questions about the school district's policies or the law regarding pregnant and parenting teens should be referred directly to particular individuals within this office.

California Women's Law Center, 2003

TABLE OF CONTENTS

I. FEDERAL AND CALIFORNIA LAW PROTECT THE RIGHTS OF PREGNANT AND PARENTING STUDENTS 4

II. RIGHT TO A COMPLETE AND EQUAL EDUCATION 6

III. ATTENDANCE 8

IV. SCHOOLS SHALL MAKE REASONABLE ADJUSTMENTS TO FACILITATE PUPILS' FULL PARTICIPATION IN ALL SCHOOL PROGRAMS 10

V. ALTERNATIVES TO REGULAR ATTENDANCE 11

VI. RIGHT TO CONFIDENTIALITY AND TO CONSENT TO MEDICAL CARE 13

VII. COMPLAINTS 17

EXHIBIT A: PHYSICIAN'S REFERRAL FORM 19

California Women's Law Center, 2003

I. FEDERAL AND CALIFORNIA LAW PROTECT THE RIGHTS OF PREGNANT AND PARENTING STUDENTS

A. Federal Law

Title IX of the Education Amendments of 1972 guarantees equal educational opportunity to pregnant and parenting students.[4] Moreover, federal regulations implementing Title IX clarify the legal protections provided therein for the educational rights of pregnant and parenting students.[5] Under these regulations, schools receiving federal financial assistance must:

- not discriminate against a student, or exclude a student from an educational program or activity – including any class or extracurricular activity – on the basis of the student's pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery therefrom, unless the student voluntarily participates in a separate portion of the program or activity;

- not require a pregnant or parenting student to produce a doctor's certification that the student is physically and emotionally able to participate in a program or activity, unless such a certification is required of all students for other physical or emotional conditions requiring a doctor's attention;

- ensure that if it operates a portion of its educational program or activity separately for pregnant students – admittance to which is completely voluntary as provided for above – that the program or activity is comparable to that offered to non-pregnant students;

- treat pregnancy, childbirth, false pregnancy, termination of pregnancy and recovery therefrom in the same manner and under the same policies as any other temporary disability with respect to any medical or hospital benefit, service, plan or policy which such recipient administers, operates, offers, or participates in with respect to students admitted to the recipient's educational program or activity; and

- ensure that if the school does not maintain a leave policy for students – or in the case of a student who does not otherwise qualify for leave under such a policy – they shall treat pregnancy, childbirth, false pregnancy, termination of pregnancy and recovery therefrom as a justification for a leave of absence for a period of time deemed medically necessary by the student's physician, and, at the conclusion of such leave, the student must be reinstated to the status which she held when the leave began.[6]

Furthermore, school district policies and rules that may appear neutral, but that have the effect of disproportionately harming students of a particular sex, may be illegal. For example, a school or district policy that prohibits parents from bringing children under the age of six onto

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[4] 20 U.S.C. § 1681.
[5] 34 C.F.R. § 106.40
[6] 34 C.F.R. § 106.40.

California Women's Law Center, 2003

school property may violate Title IX if it was established to prevent female students from bringing their babies to school or if it has a disproportionate affect on female rather than male students. Moreover, Title IX and its implementing regulations prohibit discrimination in programs and activities not directly run by the school or the district, but that are part of the school's educational programs. Such programs include, but are not limited to, study-abroad and exchange programs, affiliated extracurricular programs, and programs or activities offered in conjunction with other institutions.

B. California Law

Together with federal law, California law also prohibits discrimination by any educational institution that receives, or benefits from, state financial assistance or enrolls pupils who receive state student financial aid.[7] Accordingly, under state law, pregnant and parenting students may not be excluded from any academic, extracurricular, research, occupational training or other program or activity.[8] State law further imposes on school districts the affirmative obligation to combat sexism and other forms of bias.[9]

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[7] Cal. Educ. Code §§ 200, 201, 220, 221.5 & 230.
[8] Cal. Educ. Code § 230 (a).
[9] Cal. Educ. Code § 201(b).

II. RIGHT TO A COMPLETE AND EQUAL EDUCATION

A. Pregnant and Parenting Students Have the Right to Remain in Their Comprehensive Schools and to Participate in All School Programs

Although the XYZ district provides _____ [describe here the District's or County's alternative schools and programs, if any, for pregnant and parenting teens], students must be informed that their enrollment in such a program is completely voluntary. Failure to provide a student this information or coercing a student to participate in an alternative program is illegal.[10] Accordingly, all staff, administration, and faculty must act consistent with and not violate students' rights as outlined herein:

- A pregnant or parenting teen may continue to participate in honors and magnet programs, special education placements, alternative or options programs, extracurricular, intramural, and inter-scholastic activities, club athletics, and graduation programs or activities, as well as non-public school programs funded by the students' district.

- Students cannot legally be expelled, suspended, or otherwise excluded from their current educational or extracurricular program, or required to participate in school programs solely on the basis of the students' pregnancy, childbirth, pregnancy recovery or termination, conditions related to pregnancy, or marital or parental status.

- Pregnant or formerly pregnant students cannot be compelled to provide medical certification that they are physically and emotionally able to continue their participation in a school activity or program unless such certification is required of all pupils with other health conditions or temporary disabilities.

If, after being informed that the option is completely voluntary, a student chooses to transfer to another school or program, a guidance counselor shall meet with the student to assess the student's school credits and to ensure that the student's educational needs and goals are protected during the transition and the student's tenure in the new school or program. Additionally, the student shall be informed of their right to transfer back to their comprehensive school or program, and the procedure for doing so. (See Section ___ below regarding procedures to follow prior to a student's transfer to an alternative school or program.)

B. Right to Participate in Physical Education Classes

California law requires students in grades 7 through 12 to attend no less than 400 minutes of physical education each 10 school days.[11] Accordingly, pregnant and parenting students must not be excluded from full participation in physical education classes and activities, and to the extent necessary, all efforts shall be made to accommodate students' participation in physical education. The benefits of physical education, particularly for girls, are astounding: lower pregnancy and sexual activity rates, development of leadership and teamwork

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[10] 34 C.F.R. § 106.40, Cal. Educ. Code § 230.

[11] Cal. Educ. Code § 51222.

California Women's Law Center, 2003

skills, lower school drop-out rates, improved physical and mental health, and the ingraining of life-long, healthy habits associated with regular physical activity.[12]

- Pregnant or formerly pregnant students who cannot accomplish the requirements of the regular physical education curriculum shall be provided with an alternative curriculum that will accommodate her condition and provide her with a physical education credit.[13]

- Pregnant or formerly pregnant students shall not be required to provide a medical certification that they are physically and/or emotionally able to continue participation in physical education classes unless such certification is required of all students with physical or emotional conditions that require the attention of a physician.[14]

- If medical certification is required for a student to participate in physical education activities, the "Sample Physician's Referral Form" available in XYZ's School District's Pregnant and Parenting Teen Programs Office must be used. [A sample form is attached to the Model Policy as Exhibit A][15]

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[12] The Women's Sports Foundation Report: Sport and Teen Pregnancy (May 1998); Teens who report depression are more likely to become parents than their peers. Horwitz et al., "Physical Activity and Sport in the Lives of Girls," President's Council on Physical Fitness and Sports Report (1997) at 168.

[13] Cal. Educ. Code §§ 48205 (a) & (b), 51241 (a)(1).

[14] 34 C.F.R. § 106.40.

[15] The California Department of Education's Cal-SAFE Program developed the attached Sample Physician Referral Form, which was last revised in 2000.

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III. ATTENDANCE

California requires each person between the ages of 6 and 18 years to be subject to compulsory full-time education.[16] Pregnant and parenting teens may not be able to fulfill the full-time requirements due to the responsibilities associated with pregnancy and parenting. This factor contributes significantly to high dropout rates among pregnant and parenting students. This school district is dedicated to addressing the attendance difficulties of pregnant and parenting students and facilitating a greater number of these students to finish high school successfully, thus enabling them to provide a more stable life for themselves and their children. Accordingly, and in compliance with federal and state law, school administrators and teachers must strictly adhere to the rights of pregnant and parenting students in relation to school attendance, which are defined below.

A. Absences Due to a Pregnant or Parenting Student's Own Illness Are Excused

Absences for pregnant or parenting students' own illness shall count as excused absences. A student may be absent for one day or may require extended leaves of absence. Administrators and teachers should be aware of and abide by the following rules:

- If a pregnant or parenting student misses school due to pregnancy or related conditions (including childbirth, miscarriage, termination of pregnancy and recovery therefrom), the absence shall be considered an excused absence.[17]

- When a student needs to take a leave of absence, the excused leave of absence shall last for as long a period of time as deemed medically necessary by the student's doctor.[18]

- A doctor's note may be required for verification of medically related absences, but only if such verification is required of all students for absences due to other medical conditions.[19]

- Upon returning from an excused absence, a student shall be reinstated at the school with the same status as before the leave began. Additionally, the student shall be allowed to complete all assignments and tests missed during the absence that can be reasonably provided and, upon satisfactory completion within a reasonable time, shall be given full credit.[20]

- Teachers shall determine the tests and assignments that will be provided to absent students and such tests and assignments must be reasonably equivalent to, but not

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[16] Cal. Educ. Code § 48200.
[17] Cal. Educ. Code § 48205 (a) & (b).
[18] 34 C.F.R. § 106.40.
[19] Cal. Educ. Code § 48205; 34 C.F.R. § 106.40.
[20] Cal. Educ. Code § 48205 (a) & (b).

necessarily identical to, the tests and assignments that the pupil missed during the absences.[21]

- Students shall be informed of these rights and accommodations so that they are aware of the options available to them.

This attendance policy complies with the mandates of both Title IX and the California Education Code and supersedes a school's individual attendance policy. Students who meet the requirements of this section may not be denied privileges or the right to participate in any school activities due to their absence.

B. Absences to Care for a Student's Sick Child

In accordance with the California Education Code, a student shall also be excused from school due to the illness or medical appointment during school hours for a child for whom the pupil is the custodial parent.[22] Students who are absent under this section are allowed to complete all assignments and tests missed during their absence, or a reasonable equivalent, and, upon satisfactory completion, shall be given full credit.[23]

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[21] Cal. Educ. Code § 48205 (b).
[22] Cal. Educ. Code § 48205.
[23] Cal. Educ. Code § 48206

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IV. SCHOOLS SHALL MAKE REASONABLE ADJUSTMENTS TO FACILITATE PUPILS' FULL PARTICIPATION IN ALL SCHOOL PROGRAMS

Schools shall make reasonable adjustments to facilitate the full participation of pregnant and parenting students in all school programs and activities. Such reasonable adjustments, implemented on a case-by-case basis, might include, but are not limited to:

- providing passes for bathroom use as needed;
- scheduling classes in more accessible locations when possible;
- providing additional time for class changes;
- providing access to elevators when possible;
- arranging for school-based independent study programs when a student is absent because of pregnancy or while recovering from childbirth, if pupil's health permits;
- providing alternative activities in physical education programs when requested by the student and her medical provider;
- making allowances and arrangements – such as reduced schedule of classes or student contracts – as would be done for students with other medical conditions that prohibit full-day school participation; and
- [For schools using a "track" system, allowing students to change tracks in order to minimize missed classes during recovery from childbirth.]

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V. ALTERNATIVES TO REGULAR ATTENDANCE

A school may operate a portion of its education program or activity separately for pregnant or parenting students. Students may also consider enrolling in an adult education program or other forms of study that will provide them with flexible hours and requirements. [School districts that offer particular programs or alternative schools for pregnant and parenting students should describe them more fully in this section.] If schools choose to offer alternative education programs, the law requires that:

- The separate/alternative program or school must be comparable to that offered to non-pregnant/non-parenting students;[24]

- The pregnant or parenting student's participation is completely voluntary on the student's part. To guarantee that each school is in compliance with this legal requirement, schools shall inform students that:

  - Their decision to participate in one of XYZ's District's alternative school/program is completely voluntary;

  - College preparatory courses, honors classes, laboratory science and advanced placement courses may not be available at the alternative school/program; and

  - The pregnant or parenting student will not be denied access to their home school's programs.

A. Alternative Programs for Pregnant and Parenting Students [Optional Section]

[School Districts should describe in more detail in this section other alternatives for pregnant and parenting teens offered in their districts. Such alternatives may include:

- Continuation Schools,
- Adult Education,
- Evening and Special Day Classes,
- Court and Community Schools,
- Opportunity Schools,
- Independent Study,
- Home and Hospital Instruction,
- Distance Learning,
- 24-Hour Schools,
- Alternative Education and Work Center/Educational Clinics
- Pregnant Minor Programs
- Cal-Safe Programs
- Community Service Classes]

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[24] 34 C.F.R. § 106.40 (3); Cal. Educ. Code §§ 200, 230 (a).

California Women's Law Center, 2003

B. Facilitating the Transfer, While Protecting the Student's Academic Goals

Prior to a student transferring to an alternative school or program, school counselors and teachers shall do the following:

- Meet with the student to carefully evaluate the student's credits to ensure that the student's educational goals are protected. This assessment is particularly crucial for students who are close to graduation and for students who want to ensure that their academic work will allow them to enter college. Although students may transfer to the school's alternative school or program at any time, it is encouraged that students who are receiving passing grades be required to finish a given semester before transferring, when possible;

- Counselors and/or teachers shall assist the pregnant or parenting student with gaining access to those classes necessary for the students to continue their adopted course of study while enrolled at the alternative school. If a desired or required class is not available at the alternative school site, then students shall, as possible, be allowed to attend such class(es) at a regular school site, and counselors shall assist the students with arranging enrollment in such class or arranging an approved alternative means to completing the prescribed course of study;

- Counselors at the students' originating school shall contact the receiving school to ensure that the transfer is complete and that all classes and credits were appropriately accounted for; and

- Students who are close to graduation should be informed that they have the right to participate in graduation at their home school.

C. Facilitating the Return of Students to Their Regular School

When students decide to return to their regular school, the same steps as were taken during the original transfer should be taken to ensure the proper transfer of credits and guarantee the students' achievement of their academic goals. To facilitate this transfer, the sending alternative school or program should contact the receiving school to make sure that the transfer is complete. School personnel should be aware that it is against the law for them to refuse a student the right to transfer back to their comprehensive school.

VI. RIGHT TO CONFIDENTIALITY AND TO CONSENT TO MEDICAL CARE

Although generally minors need parental consent to receive medical care, minors in California have the right to consent to certain health services without parental consent. They also have the right to confidentiality as to these services and certain school officials have a legal obligation to keep medical information about such services confidential. Breaching student's confidences can result in substantial legal liability for the school and the individuals involved.

The rights of minor students to consent to health services and their right to confidentiality as to these services appears as a written notification to parents/guardians [(1) on the Emergency Cards which are signed by parents/guardians during the enrollment period and (2) as part of the parent/student handbook distributed to all parents during the enrollment period]. XYZ School District also publicizes these policies on their web site at "www.XYZSchoolDistrict.gov."[25]

A. Students' Right to Consent to Medical Care

Minors of any age have the right to consent to:

- medical care related to pregnancy, pregnancy prevention (including contraceptive services) and pregnancy termination, without the knowledge or consent of their parent or guardian.[26] The only exception to this rule is that minors may not consent to sterilization. Thus, a minor may consent to, for example, receiving pregnancy testing, prenatal care, and birth control pills.

Minors who are 12 years old or older may consent to:

- treatment for communicable and sexually transmitted diseases, including testing and treatment for HIV and AIDS;[27]

- medical care related to the diagnosis or treatment of an alleged rape, including emergency contraception, and the collection of medical evidence with regard to the alleged rape;[28]

- medical care related to the diagnosis and treatment of an alleged sexual assault and the collection of medical evidence with regard to the alleged sexual assault, except that the professional providing medical treatment must attempt to contact the minor's parent or guardian and note in the minor's treatment record the date and time the professional attempted to contact the parent or guardian and whether the attempt was successful or not. A medical professional may not contact the minor's parent, however, if the professional reasonably believes that the minor's parent/guardian

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[25] Although schools may lawfully provide confidential health services to minors, some school districts choose to publicize this fact in order to inform both parents and students of this right.
[26] Cal. Fam. Code § 6925.
[27] Cal. Fam. Code § 6926.
[28] Cal. Fam. Code § 6927.

California Women's Law Center, 2003

committed the sexual assault on the minor. In that circumstance, the professional shall comply with state mandatory reporting obligations;[29]

- medical care and counseling related to the diagnosis and treatment of a drug or alcohol related problem;[30]

- outpatient mental health treatment or counseling, including the services of a school counselor or psychologist, if: (1) the minor, in the opinion of the attending professional person, is mature enough to participate intelligently in the outpatient services or (2) the minor (a) would present a danger of serious physical or mental harm to self or to others without the mental health treatment or counseling or (b) is the alleged victim of incest or child abuse.[31]

B. Excused Absences to Receive Medical Care

Schools shall allow students to leave school grounds for the purpose of obtaining health services to which the minor may consent without requiring parental permission and shall not inform a student's parent or guardian of such absences.[32] Schools may require verification for such services such as a doctor's note, provided they do so for student absences related to all medical absences. Any such oral or written verification must not appear in the student's school records or any other files to which their parent or guardian may obtain access.

C. Students' Right to Confidentiality

Because minors, as discussed above, may consent to certain health services, they are the only individuals who may authorize school personnel to disclose the medical information gathered through these services. To protect these rights:

- Schools shall maintain all medical records related to confidential health services and communications to a school counselor in a separate file and ensure that this information is not included in the student's regular school file or record.

- Schools shall inform all personnel about a minor's rights to consent to health services, so that individuals do not illegally breach a student's confidences. In particular, school personnel shall be informed that any information given to a school counselor, mental health counselor, nurse, or physician is confidential and shall not be included in the student's official school record. Communications made to a school official such as a principal, teacher, or sports coach are not confidential, however, and may become part of the school record.[33]

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[29] Cal. Fam. Code § 6928.
[30] Cal. Fam. Code § 6929.
[31] Cal. Fam. Code § 6924; Cal. Educ. Code § 49602.
[32] Cal. Educ. Code § 46010.1. Under California law, school districts are not required to but may excuse students from school for the purpose of obtaining confidential medical services. Districts adopting such a policy must comply with the parental notification requirements of California Education Code § 46010.1.
[33] Cal. Educ. Code § 49061.

However, a school counselor may report confidential information to the following individuals in the listed circumstances:

- Reporting information to the principal or parents of the pupil if the school counselor has reasonable cause to believe that disclosure is necessary to avert a clear and present danger to the health, safety, or welfare to the pupil or other persons living in the school community: administrators, teachers, school staff, parents, pupils, and other school community members;

- Reporting information to the principal, other persons inside the school, as necessary, the parents of the pupil, and other persons outside the school when the pupil indicates that a crime, involving the likelihood of personal injury or significant or substantial property losses, will be or has been committed;

- The counselor is required to report the information as child abuse or neglect, as required under California Penal Code Section 11165 et seq. (Counselors should be aware, however, that the fact that a teen is pregnant or has an STD does not in and of itself constitute a reasonable suspicion of child abuse.);[34]

- The counselor must confer with a psychotherapist as defined in California Evidence Code Section 1010, other health care providers, or a school nurse for the sole purpose of referring the pupil for treatment; or[35]

- Reporting information to one or more person specified in a written waiver from the pupil, after this written waiver of confidence is read and signed by the pupil and preserved in the pupil's file.

Under no circumstances shall a school counselor disclose information deemed to be confidential to the pupil's parents when the school counselor has reasonable cause to believe that the disclosure would result in a clear and present danger to the health, safety, or welfare of the pupil.[36]

These confidentiality requirements are void when a childcare custodian, health practitioner, or employee of a child protective agency reasonably suspects child abuse.[37] All school personnel should be aware, however, that not all forms of statutory rape are considered child abuse, yet teachers and counselors conflate the two and tend to over-report, thereby betraying confidences. The Mandatory Statutory Rape Reporting Act requires mandatory reports if the mandated reporter knows that the minor is under the age of 16 and is in a sexual

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[34] Cal. Penal Code § 11166(a); Planned Parenthood Affil. Of Calif. v. Van de Kamp, 181 Cal. App. 3d 24 (1986).
[35] Cal. Educ. Code § 49602.
[36] Cal. Educ. Code § 49602.
[37] Cal. Penal Code § 11166.

relationship with an adult over the age of 21. Moreover, the fact that a teen is pregnant or has an STD does not in and of itself constitute a reasonable suspicion of child abuse. [38]

[38] Cal. Penal Code § 11166(a); Planned Parenthood Affil. Of Calif. v. Van de Kamp, 181 Cal. App. 3d 24 (1986).

California Women's Law Center, 2003

VII. COMPLAINTS

Both federal and state law provide procedures for filing complaints of discrimination based on an alleged violation of the civil rights of pregnant and parenting students. [In this section, districts should provide references to the district's bulletins/policies regarding the process by which individuals may file complaints regarding violations of Title IX and violations of the District's sexual harassment and discrimination policies. Districts should also refer individuals to the Educational Equity Compliance Office or similar offices within the District.]

In California, each education institution must investigate complaints of unlawful discrimination. The Superintendent of Education is responsible for ensuring that schools meet non-discrimination requirements. Complaints must be filed not later than six months from the date the alleged discrimination occurred.[39] Complaints can be sent to:

California Department of Education
P.O. Box 944272
Sacramento, CA 94244-2720

Under Federal law, the U.S. Department of Education, Office of Civil Rights enforces Title IX.[40] A complaint with the Office of Civil Rights must be filed within 180 days of the alleged discrimination. Complaints should be sent to:

United States Department of Education
Office of Civil Rights, Region IX
Old Federal Building
50 United Nations Plaza, Room 239
San Francisco, CA 94102
Phone: (415) 556-4275
Fax: (415) 437-7783

All information regarding complaints of alleged violations of the civil rights of pregnant and parenting teens shall remain confidential, to the extent possible, and the individual complainant(s) shall not be retaliated against.

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[39] 5 C.C.R. § 4630.

[40] U.S. Department of Education Office of Civil Rights at http://www.ed.gov/offices/OCR/complaintprocess.html.

EXHIBIT A: Physician's Referral Form

California Women's Law Center, 2003

PHYSICIAN'S REFERRAL FORM

STUDENT'S NAME: _____ DELIVERY DATE: _____

TEACHER'S NAME: _____ PHONE NUMBER: _____

NAME OF SCHOOL: _____

The following activities are part of this school's physical education program. Your guidance in developing a meaningful, safe physical education program for the above named student during her pregnancy is requested. We want to provide maximum activities to guide the student to a healthy lifestyle of appropriate activities. Please check activities which are appropriate for her participation during each phase of her pregnancy. All activities are listed n the Physical Education Frameworks published by the California Department of Education. Thank you for your cooperation and timely response.

ACTIVITIES	TRIMESTER				Recommend No Activity
	First	Second	Third	Postpartum 6 weeks	
SENSORIMOTOR/PERCEPTUAL MOTOR (kinesthetic, visual, tactile, auditory)					
LOCOMOTOR MOVEMENT (walking, jumping, skipping, galloping, running)					
NON-LOCOMOTOR MOVEMENT (swinging, twisting, bending, stretching, pushing/pulling)					
BALANCE (stunts, balance equipment, tricycle, scooter, beams)					
EYE-HAND COORDINATION (throwing, catching, bouncing, fine /gross motor, clapping)					
EYE-FOOT COORDINATION (kicking, dribbling, punting, trapping, rhythmic movement)					
GENERAL COORDINATION (swinging, climbing, sliding, jumping rope, tumbling)					
CREATIVE MOVEMENT (rhythmic movement, swaying, moving to music, mirroring movement)					
CONTRAINDICATED ACTIVITY:					
COMMENTS:					

PHYSICIAN'S NAME _____ PHONE NUMBER

PHYSICIAN'S SIGNATURE _____

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